

Specification Amendment

Please amend paragraph [0041] in the specification as follows. No new matter has been added.

[0041] A first or outer race 86 is disposed between ring 72 and first shoulder 54 such that the first race substantially flatly contacts first shoulder 54. First race 86 has an outer annular portion 88 which extends into outer groove 80 and a substantially concentric inner annular portion 90 which extends into inner groove 82 without contacting the bottoms of the grooves. Annular portions 88 and 90 and grooves 80 and 82 are sized such that a ~~marrow~~ narrow gap 91 is defined therebetween. Gap 91 is sized to provide for a minimal flow or leakage path therethrough.